

Donald F. deGraffenried, LCSW

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Session Title:

“Francine Shapiro Meets Buddhist Monk Thich Nhat Hanh: “How Do I Integrate EMDR with One Stone Meditation?”

Session Content Description and Learning Objectives measurable:

Participants will be able to define and specify who is Thich Nhat Hanh and his history in the development of mindfulness.

Participants will learn One Stone meditation be able to demonstrate to a participant how to successfully do the One Stone Meditation.

Participants will be able practice and apply bi-lateral tapping to successfully strengthen the One Stone meditative experience.

Participants will be able to appraise their One Stone experience and can assess how effectively it is enhanced by bi lateral tapping.

Participants will be able describe how to apply the One Strone mediation with clients.

Session Presenter and Qualifications Related to Subject Matter

Presenter Donald deGraffenried, LCSW has twenty-six years of experience with EMDR and is a follower of Buddhist Monk Thich Nhat Hanh.

He is a Senior EMDRIA approved trainer for EMDR Basic training and private, specialty trainings.

Total Hours: 3.00 hours

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| 9:00 to 9:30 | Define and specify who is Thich Nhat Hanh and Francine Shapiro. |
| 9:30 to 10:15 | The One Stone Meditation will be demonstrated. Participants will practice with a participant how to successfully do the One Stone Meditation. |
| 10:15 to 10:30 | Break |
| 10:30 to 11:00 | Participants will be practice and apply bi-lateral tapping to successfully strengthen their One Stone meditative experience. |
| 11:30 to 12:00 | Participants will appraise their One Stone experience and be able to assess how effectively it is enhanced by bi lateral tapping.

Participants will discuss how to apply the One Stone mediation with clients.

Questions, comments and closure. |